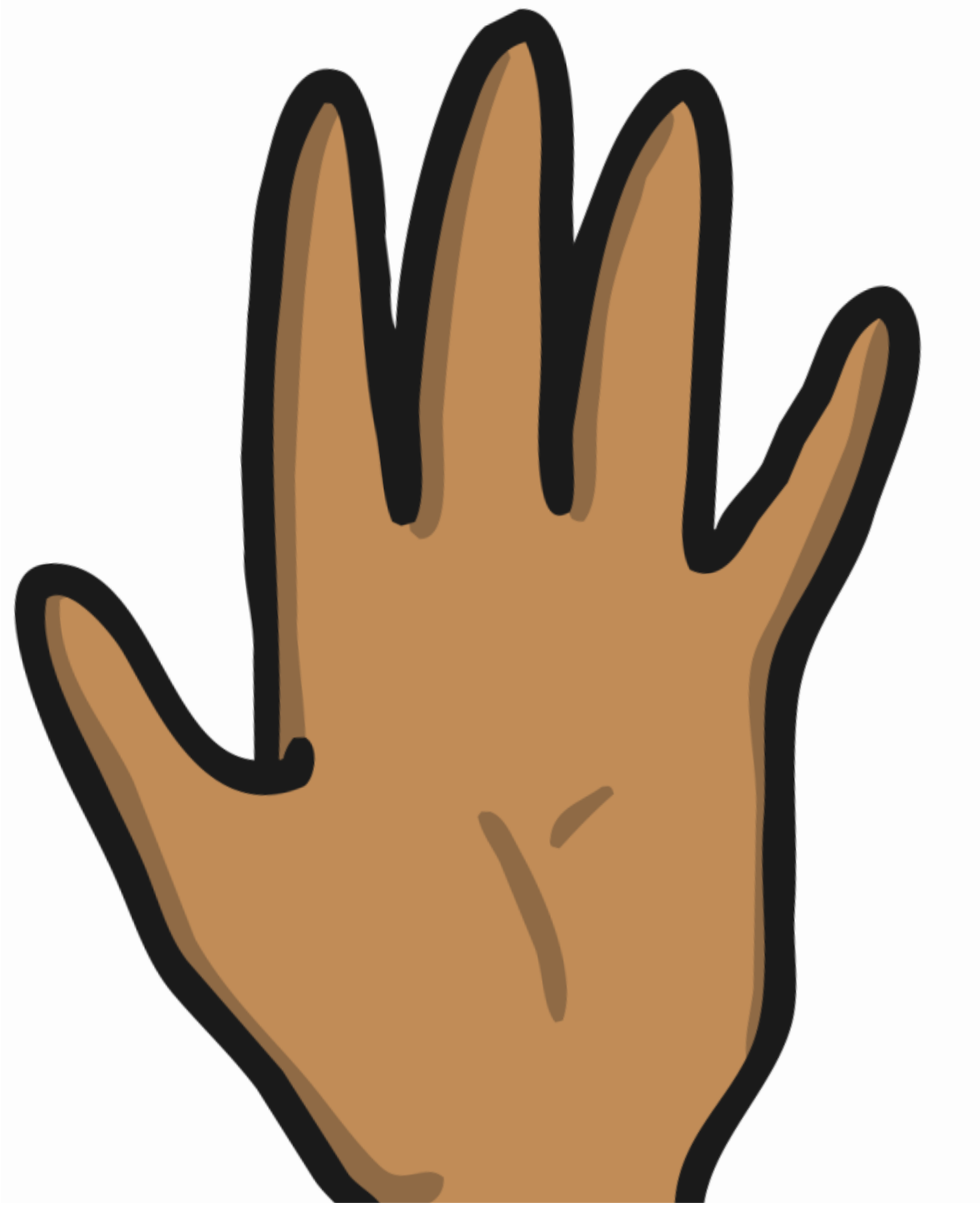
Shake It Up

- Ask the children to find a space.
- Explain that the children are going to shake different parts of their bodies, gradually slowing down towards the end of the cool down.
- They should shake their:

fingers	**hands**
arms	**shoulders**
bottoms	**feet**
knees	**legs**

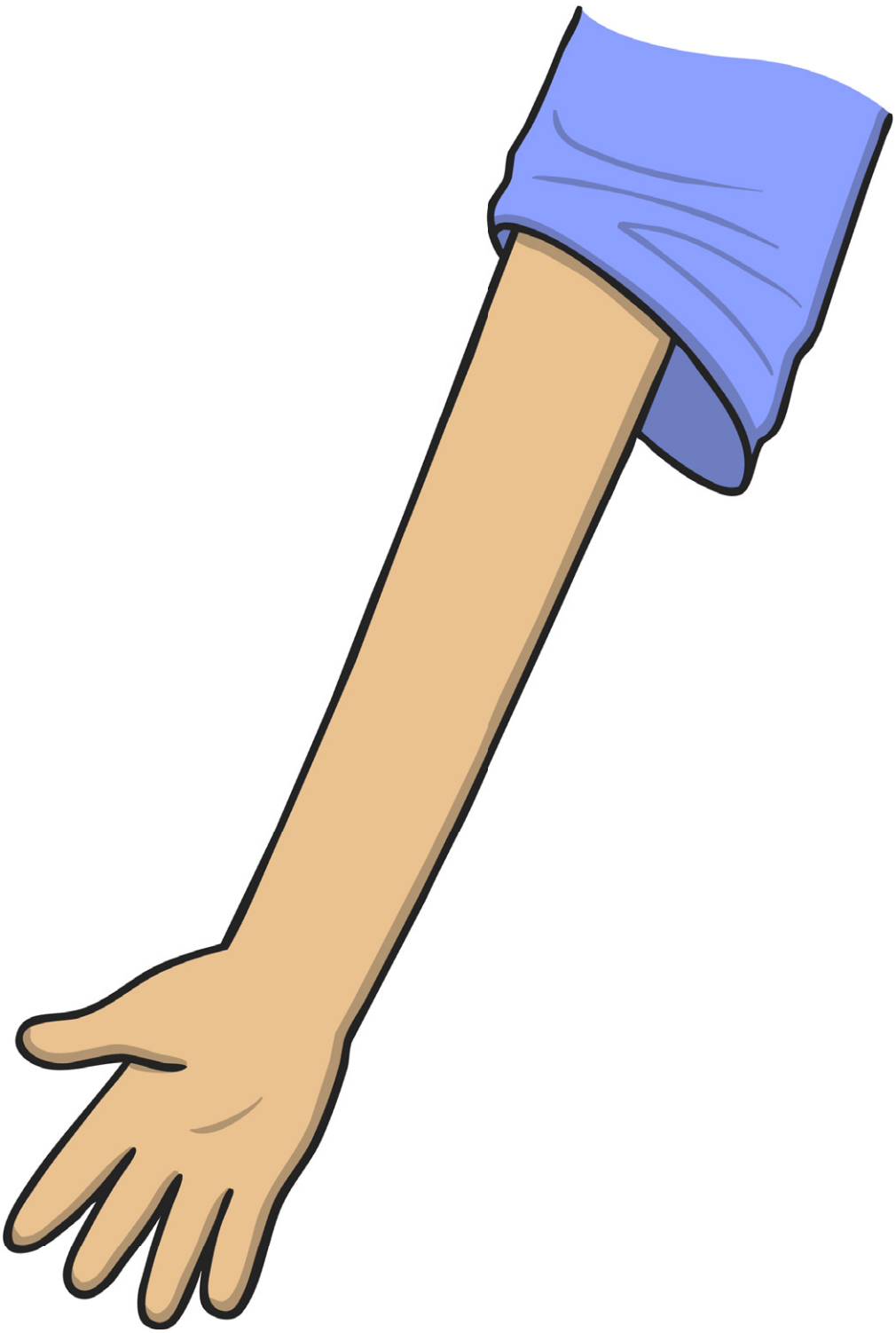
- Repeat the activity, but this time the children sit on the floor.
- The cool-down activity should last a couple of minutes.

fingers

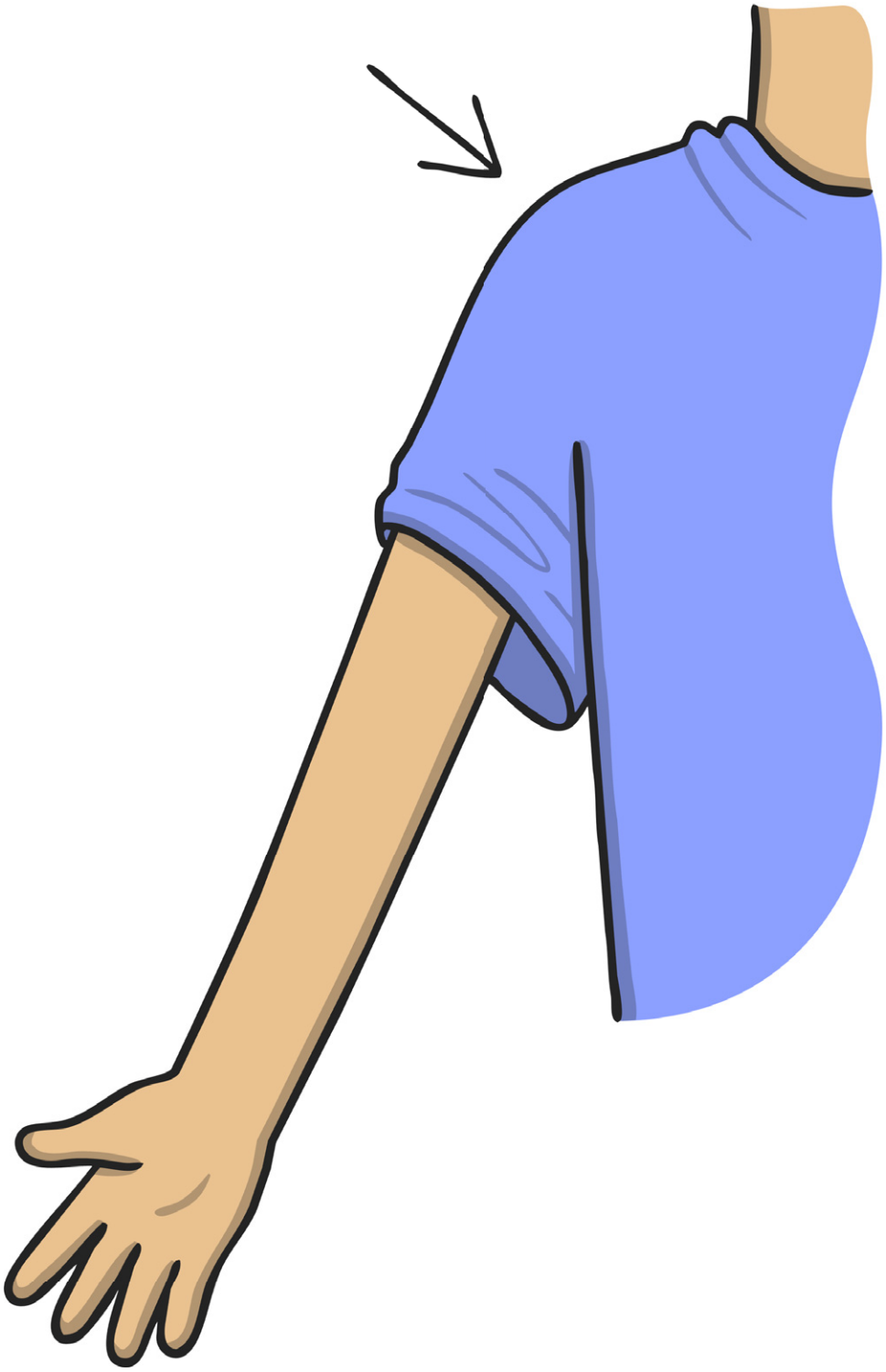


hands

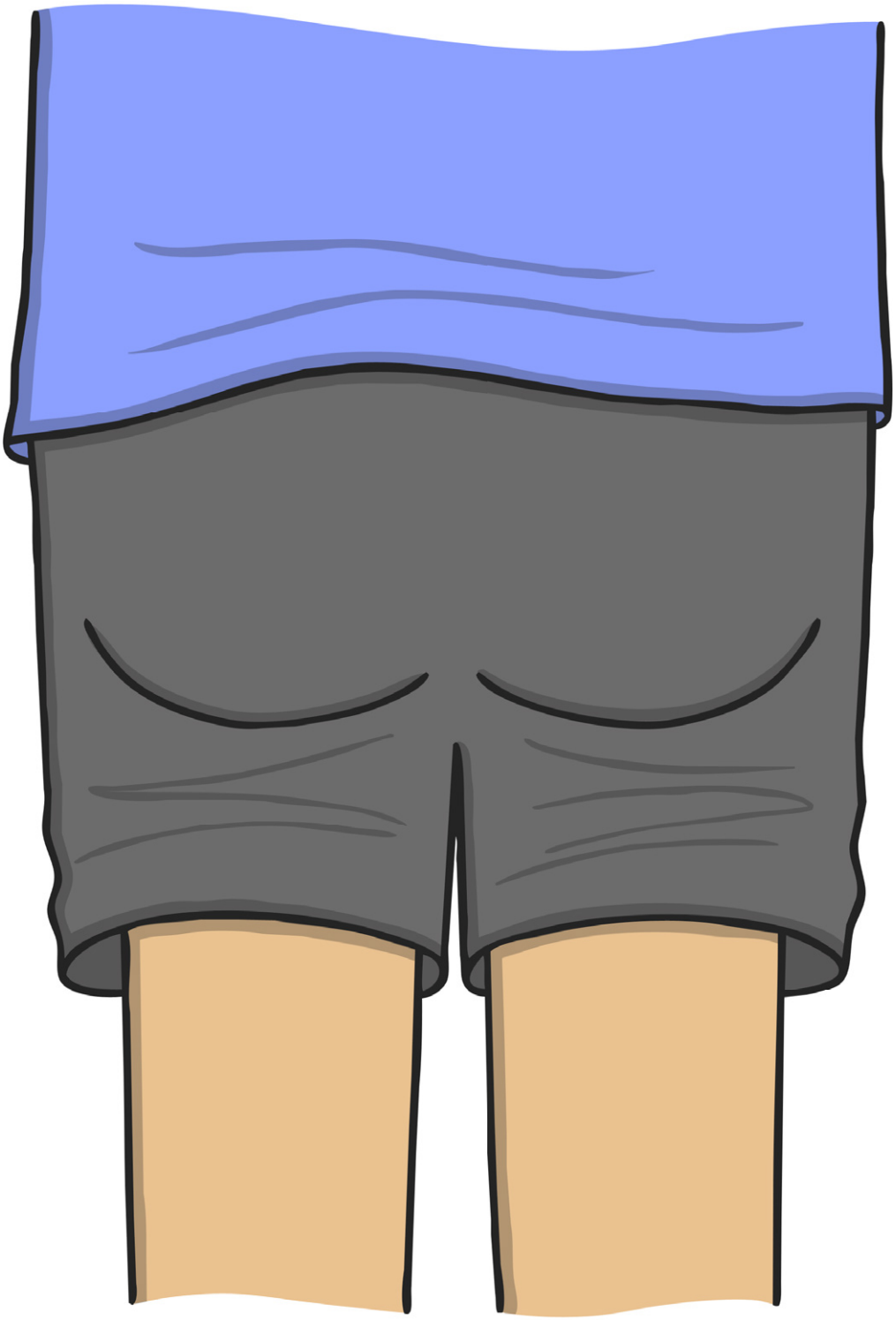
arms



shoulders

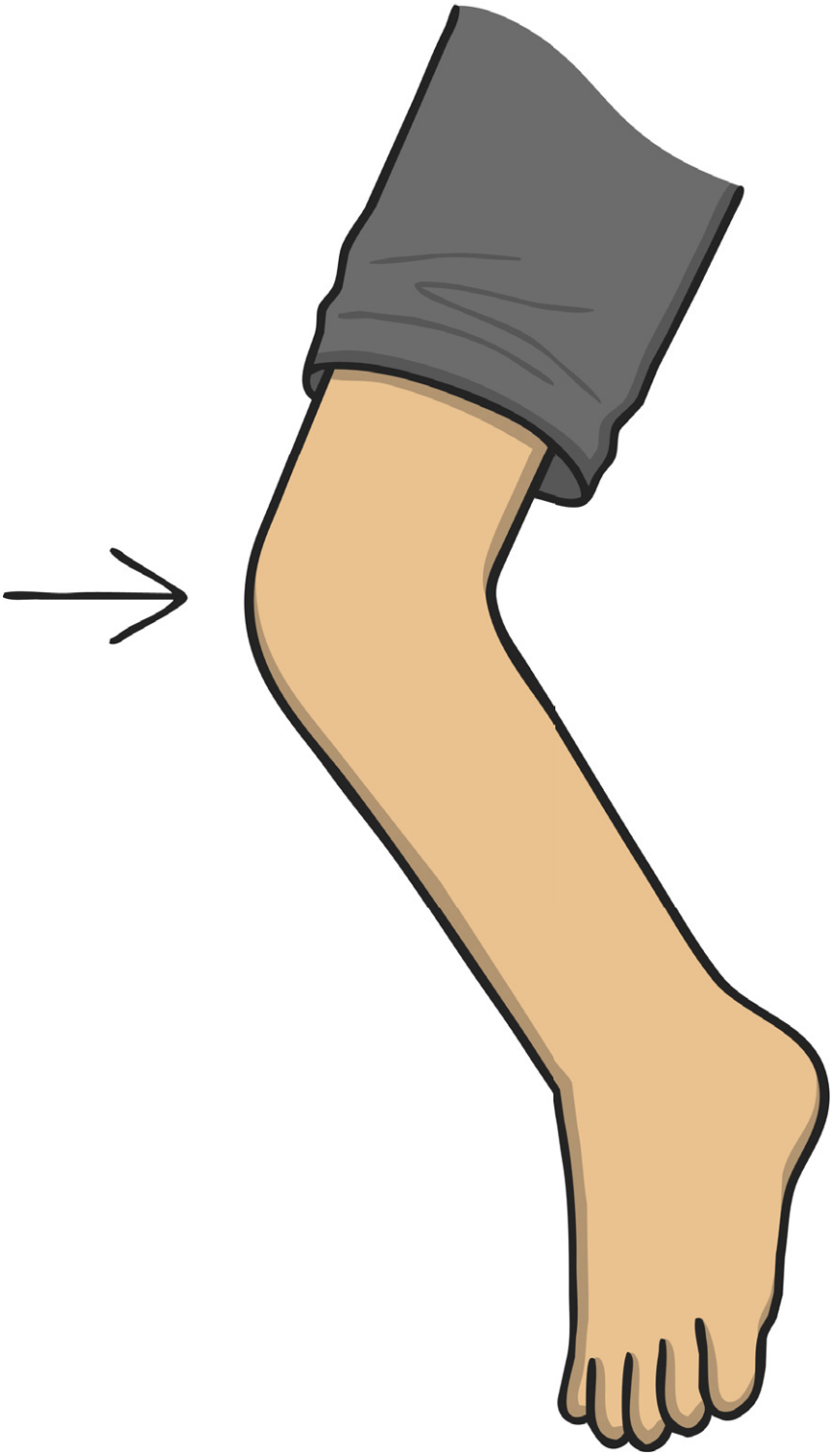


bottom



feet

knees



legs